

# The Sprout



## Finding Joy In The Vegetable Garden

As winter draws to an end, it can seem like a daunting task getting motivated to start the spring-summer vegetable patch. Rain has brought on more weeds, the weather is still chilly, and it just seems a bit overwhelming.

**Don't Worry — Be Happy! And take it easy on yourself.**

### Start with small steps.

Do not pressure yourself to have everything done in a week, or a month, or more. Gardening is an ongoing process, even mother-nature takes her time.

### Build some excitement.

Browse through catalogs and websites.

### Get focused by making a couple of lists:

One for tasks that need to be accomplished, and one for the plants you wish to grow.

It doesn't have to be complicated; break tasks down into manageable steps.

Ease into gardening at your own pace.

If you feel unsure about starting from scratch, there are plenty of garden plans easily accessible online and in garden books. Find a planting guide written for your area and follow it.

### Select your spots:

Prep the soil—you can choose to just prep one or two areas at a time. Remember to not overburden yourself with trying to plant everything at once.

## Helpful Tips

- 🌱 Choose the right seeds and plants for the right time of year. Read reviews on varieties as you make your selections. Speak with your local nursery for suggestions too.
- 🌱 Let your creative side out.
- 🌱 Take pride in each task accomplished.
- 🌱 Notice how spending time in the garden brings a calmness and satisfaction.
- 🌱 Understand that for all gardeners, trial and error are a natural part of the process.
- 🌱 Work with care and embrace the joy of each sprout, plant and harvest.



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## 10 Ways to Make Your Vegetable Garden More Productive

1. **Build up your soil.** The number one thing you can do to make your garden more productive is to improve the soil.
2. **Plant in wide rows and stagger spacing.** Planting in perfect little rows is a less efficient use of space than staggering rows. If you stagger so plants are in triangles in your growing area, you'll get 10% more growing space. When you use the old style of narrow rows—you give up precious growing space. When wide-row planting, make the row 2 to 3 feet wide.
3. **Plant intensively and vertically.** Tighten up spacing just a bit, between plants, than what is recommended on plant tags and seed packets. Use vertical trellises for growing vine crops on like cucumber, some squashes, tomatoes and melons. Growing upward opens up space for other plants.
4. **Interplant compatible crops.** Grow two or more different vegetables in the same space at the same time. Example: plant radish and lettuce seed at the same time along side one another. By the time your harvest the radishes the lettuce will be ready for the extra room the removal of the radishes brings.
5. **Succession Sow for Steady Harvests.** With lettuce, snap peas, sweet corn and other vegetables that mature like clockwork, make two sowings three weeks apart to lengthen your harvest season.
6. **Choose the right varieties.** When choosing vegetables include some quick-maturing varieties. The quicker the plants grow and are harvested, the sooner you can replant the area with more plants for more food. Tomatoes come in early, mid-season and late varieties—plant some of each to extend your harvest.
7. **Keep the weeds down.** Weeds crowd out your vegetable plants, and steal water and nutrients from them, so remove when small. Mulch to help keep the weeds down, while saving water and work. Whatever you do, don't let weeds go to seed.
8. **Attract pollinators.** The more blooms that get pollinated the greater the harvest. Include some flowers in your garden that pollinators love. They will not only visit the flowers, they will visit and pollinate the vegetables too.



9. **Feed your plants.** Plants love to eat too. Work organic fertilizer into the soil before planting, or incorporate into planting holes. Supplement feed through the season with dry fertilizer, or liquid fertilizer by drenching or foliar spraying.

10. **Don't Grow Too Much of One Thing.** Planting too many squash, tomatoes, onions, etc., can lead to a waste of time, space and precious soil resources, and you lose valuable space in your garden to grow other vegetables. Aim to grow only as much as you can use.

# Cultivating Facts on Kale

- 🐜 **Kale has been cultivated for over 2,000 years and is believed to have originated in Mediterranean and Asia Minor regions.**
- 🐜 **A serving of kale has more absorbable calcium than a small carton of milk.**
- 🐜 **More nutritional bang for your buck. One cup of raw kale has just 33 calories yet contains 684% of vitamin K, 134% of vitamin C, 206% of Vitamin A plus iron, folate, omega-3s, magnesium, calcium, iron, fiber, and 2 grams of protein.**
- 🐜 **There are not many greens that you can whip into a smoothie, toss into a salad, amp up your juice, sauté as a side, bake as a chip, or mix in a cocktail.**
- 🐜 **Kale is a notoriously bitter leafy vegetable, but it, it is not only frost tolerant but reacts to frost by producing sugars.**
- 🐜 **There are kale festivals held in various parts of the world, such as the National Kale Festival in the Netherlands and the Kaleidoscope Kale Festival in the United States.**
- 🐜 **Kale is an eco-friendly vegetable because it can be grown with less water compared to some other crops.**



There are around 150 known varieties of kale.

# Bee Mindful And Include Plants For Pollinators

- ▶ One of every three bites of food relies on pollination for production.
- ▶ Pollinators can be bees, butterflies, moths, ladybugs, hover flies, hummingbirds, and bats.
- ▶ Nectar provides carbohydrates and pollen is a protein source for pollinators.
- ▶ Up to 1600 species of bees can be found in California, many in our own gardens.
- ▶ There are 25 known species of bats in California.
- ▶ There are 7 to 9 species of hummingbirds in Southern California.
- ▶ There are 170 species of butterflies in Southern California.

**More than 3/4 of the world's flowering plants, including fruits and vegetables, depend on animal pollinators.**

**It only takes a small spot in your garden to group together several pollinator plants. Bringing both benefits and beauty.**



## Flowering Plants For Pollinators Commonly Available

|                                    |                      |                      |
|------------------------------------|----------------------|----------------------|
| Agastache                          | Cosmos               | Marigold             |
| Aster                              | Echinacea/Coneflower | Maximilian sunflower |
| Bee Balm                           | Goldenrod            | Penstemmon           |
| Blanket Flower - <i>Gaillardia</i> | Blue lobelia         | Salvia               |
| Blazing star                       | Lance-leaf coreopsis | Yarrow               |
| Coreopsis/Tickseed                 | Lavender             | Zinnia               |

# Beautiful and Bountiful Pollinators



## **Sausage and Kale Soup**

From Taste of Home—Serves 4 to 6

**You can have it on the table in less than 45 minutes.**

- Ingredients
- 1 pound smoked kielbasa or Polish sausage, cut into 1/4-inch slices
- 3 medium Yukon Gold or red potatoes, chopped
- 2 medium onions, chopped
- 2 tablespoons olive oil
- 1 bunch kale, trimmed and torn
- 4 garlic cloves, minced
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 2 bay leaves
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- 1 carton (32 ounces) chicken broth

### **Directions**

1. In a Dutch oven over medium-low heat, cook the sausage, potatoes and onions in oil for 5 minutes or until sausage is heated through, stirring occasionally. Add kale; cover and cook for 2-3 minutes or until kale is wilted. Add garlic; cook 1 minute longer.
2. Add the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 9-12 minutes or until potatoes are tender. Discard bay leaves.



Nutrition Facts: 1 cup: 187 calories, 11g fat (3g saturated fat), 22mg cholesterol, 706mg sodium, 16g carbohydrate (3g sugars, 3g fiber), 7g protein.

## **Kale Chips in the Microwave**

**A quick and easy way to enjoy a healthy snack**

### **Ingredients**

- ❑ 1 bunch flat-leaf kale - ribs trimmed away and discarded and leaves cut into 2-inch pieces
- ❑ 1 tablespoon olive oil, or to taste
- ❑ sea salt to taste



### **Directions**

1. Arrange kale pieces on microwave-safe plates so they do not overlap. Drizzle olive oil over the kale pieces; season with sea salt.
2. Cook each plateful of kale in microwave oven until crispy, 2 to 2 1/2 minutes per batch.

Serves 4

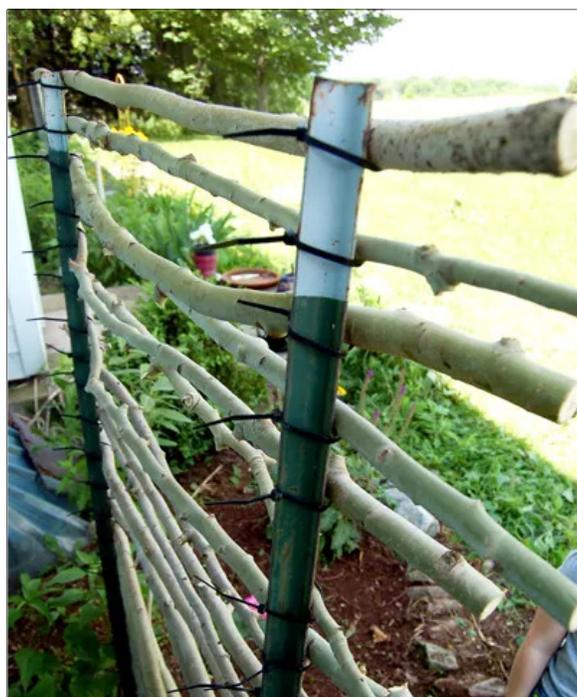
Nutrition Facts—Total Fat 4g, Sodium 128mg, Total Carbohydrate 11g, Dietary Fiber 2g, Protein 4g, Vitamin C 134mg, Calcium 151mg, Iron 3mg, Potassium 501mg.

# Expand Your Growing Space Grow Vertical!



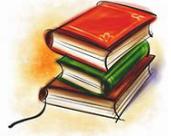
# Build Your Own Trellis Using T-Posts and Branches

1. Pound T-Posts into the ground 3-4 feet apart.
2. Clip all of the side branches off the saplings and cut about a foot wider than the space between the posts (You want about a 6-inch overhang on either side)
3. Use the zip ties to attach the branches to the T-Posts, using the thicker branches at the bottom and the thinner ones at the top.

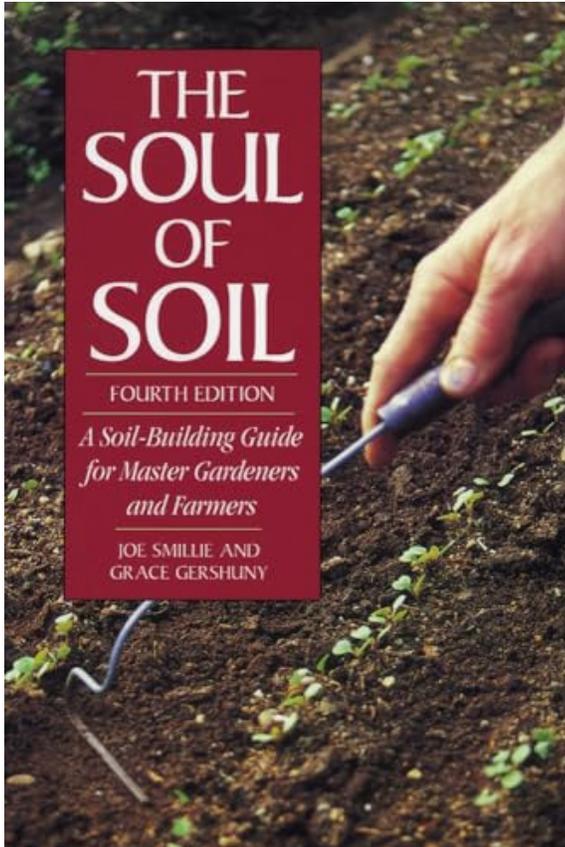




# A Gardener's Bookshelf



**A good gardening library can be one of your best tools.  
This space is for sharing books to consider on gardening and plants.**

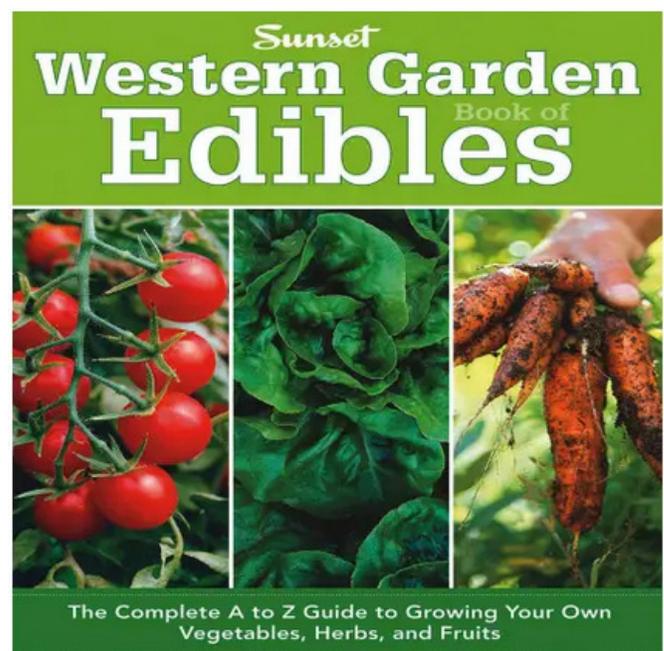


by Joseph Smillie

The Soul of the Soil (Amazon link) is for you if you want to understand your soil better and improve your garden's growth and health. The first half of the book explains soil science in clear, understandable language. And the second half is chock full of hands-on tips for building up the organic levels of your garden soil. It has many useful charts on creating quality compost, using green manures, understanding nutrient balances, and soil testing.

Instructions for growing over 190 vegetables, herbs, berries, fruits, nuts, and tropical fruits in the ground and in containers. Plans and design ideas for gardens of all sizes. Easy-to-follow guidelines for composting, building raised beds, and more. Growing season details for all regions of the West.

More than 300 pages of color photographs, practical advice, and inspiration from the editors of Sunset magazine, the West's authority on gardening..



GET THOSE WEEDS  
... BEFORE  
THEY GET YOU!



## **EMERGENCY WATER SHUT-OFF**

### **CCG MEMBERS — IF MAJOR LEAK**

- ▶▶▶ **Find the key in the front shed** to Un-Lock the valve cover outside the front gate.
- ▶▶▶ **There are TWO VALVES**, turn the one closest to the fence—clock wise. This shuts off all water to the garden.
- ▶▶▶ **Notify a board member immediately.....Be sure you make contact.**



#### LOCATION

371 W. Avenue L  
Calimesa, CA 92320

Visit us online at:  
[www.calimesacommunitygarden.org](http://www.calimesacommunitygarden.org)

#### CCG BOARD OF DIRECTORS

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## PLANTING CALENDAR—with notes

- ⇒ This calendar is for use as a general guideline.
- ⇒ Even the various garden books do not agree on all their recommended planting times.
- ⇒ Bear in mind, are you planting an early bearing variety or a late one? Timing of planting and particular varieties are important factors, as well as, consider if you are planting seeds, seedlings, or bareroot.
- ⇒ Even whether it is the first half or the second half of a given month can make a difference.
- ⇒ Enjoy and expect the unexpected!

### January

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Turnips

### February

Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabaga, Spinach, Strawberries, Turnips

### March

Artichoke, Asparagus, Asian Greens, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Herbs, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rutabagas, Spinach, Strawberries, Turnips

### April

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Fava Bean, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Potatoes, Radishes, Short Day Onions, Squashes, Strawberries, Swiss Chard, Tomatoes, Turnips

### May

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Lettuce, Melons, Okra, Onions, Parsley, Peas, Peppers, Pumpkins, Radishes, Short Day Onions, Squashes, Swiss Chard, Tomatoes, Turnips

### June

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Herbs, Lima Beans, Leeks, Melons, Okra, Peppers, Pumpkins, Squashes, Tomatoes, Turnips

### July

Beans - bush & pole, Beets, Carrots, Corn, Cucumbers, Eggplant, Melons, Peppers, Squashes, Tomatoes

### August

Asian Greens, Beans - bush type, Broccoli, Brussels Sprouts, Cabbage, Cucumber, Kale, Leeks, Onions, Shallots, Summer Squash

### September

Asian Greens, Brussels Sprouts, Carrots, Cauliflower, Fennel, Garlic, Kale, Leeks, Lettuce, Onion sets, Peas, Potatoes, Radishes, Rutabagas, Spinach, Squashes, Swiss Chard, Rutabagas, Turnips

### October

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Onion sets, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Rutabagas, Spinach, Swiss Chard, Turnips

### November

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Fava Bean, Fennel, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Parsnips, Peas, Potatoes, Radishes, Strawberries, Rhubarb, Rutabagas, Turnips

### December

Asparagus, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Swiss Chard, Endive, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Mustard, Bunching Onions, Short Day Onions, Parsley, Peas, Potatoes, Radishes, Rhubarb, Rutabagas, Spinach, Strawberries, Turnips

